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OCCUPY
SOME CAMPERS EVICTED, OTHERS DIGGING IN {pages 3-4}

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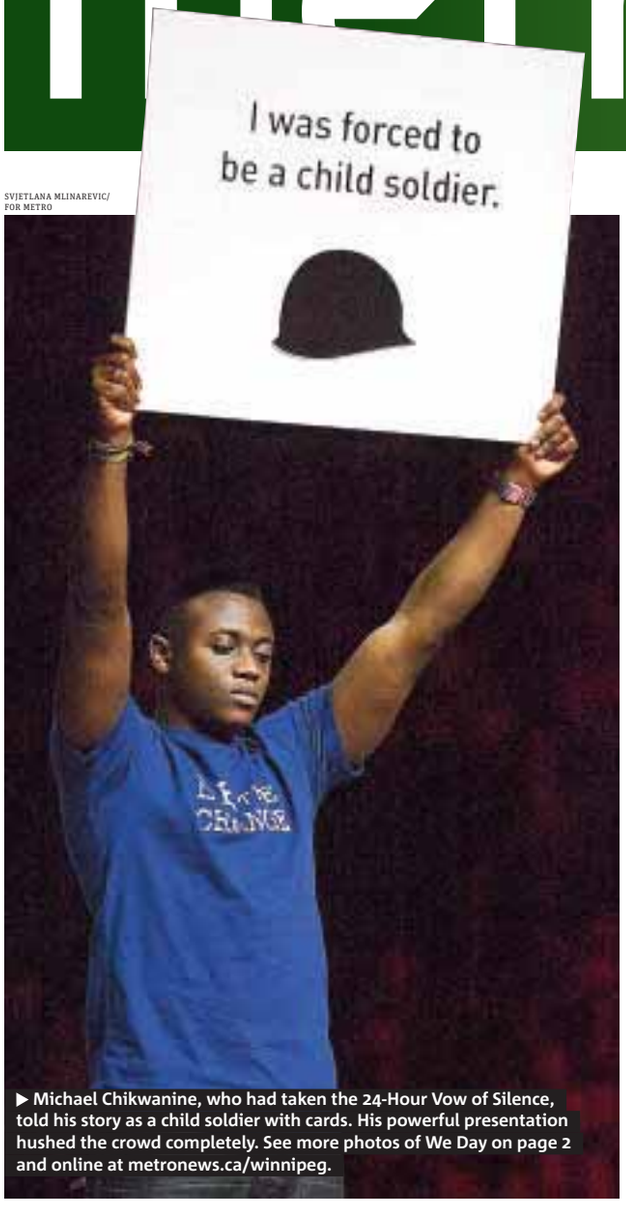
SVJETLANA MLINAREVIC/ FOR METRO



▶ Michael Chikwanine, who had taken the 24-Hour Vow of Silence, told his story as a child soldier with cards. His powerful presentation hushed the crowd completely. See more photos of We Day on page 2 and online at metronews.ca/winnipeg.

We Day inspires kids, adults alike

- Thousands pack MTS Centre for event's first trip to Winnipeg
- 'It's helping your community and making a social impact'

The MTS Centre was jam-packed and buzzing with energy yesterday during Winnipeg's first We Day.

Close to 16,000 students from more than 400 schools across the province took part in the event, presented by the children's charity Free the Children.

Motivational speakers of various backgrounds looked to inspire the young crowd to make a difference in their communities and try to change the world for the better.

"You are the change.... I can feel it," actress and UNICEF goodwill ambassador Mia Farrow told the crowd.

Micayla McNaughtan, a student at Sturgeon Heights Collegiate, found the whole day mindblowing.

"I think it's just amazing that so many young people my age … can just come together and share our experiences and listen to other people's experiences with such worthy causes."

Micayla said she found former child soldier Michel Chikwanine to be especially inspiring.

"Hearing somebody's story like that, him standing there … knowing he made it out. With our help, so many other children can get out of that same (situation)."

Fran Mosienko, a credit-recovery teacher at Lundar School, said it was a great day.

"The kids really got fired up about everything that was happening," she said.

Mosienko and her students plan to build on We Day's momentum once they return to school.

"They realize there is something they can do, and they're not alone with wanting to do something."

ASHLEY GABOURY

Who was there?

Winnipeg's first We Day featured various motivational speakers and acts, including:

- **Craig and Marc Kielburger:** Founders of Free the Children
- **Al Gore:** Climate-change activist and former U.S. vice-president
- **Rick Hansen:** Canada's Man in Motion
- **Mia Farrow:** Actress and activist
- **Hon. Paul Martin:** Former prime minister
- **Hedley:** Canadian Juno winners

"People shouldn't look down on us because we're young. We are the future. We're what's going to make a change"
STUDENT KIERAN LLOYD, STURGEON HEIGHTS COLLEGIATE

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1 news

Out of all Republicans seeking the presidential nomination, 76-year-old Ron Paul is having the most success with voters under 30. Scan the code for the story.

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2 Use your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to **m.metronews.ca**

On the web at metronews.ca

A Canadian film about the experiences of war correspondents has made the short list of 15 documentaries in the running for an Oscar. Video at metronews.ca/video

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Metro asks:

How will you help change the world?

ASHLEY GABOURY/METRO WINNIPEG

Maren Tyc
École River Heights
"I really want to ... go to Kenya and help a lot of people to stop being hungry."

ASHLEY GABOURY/METRO WINNIPEG

Noah Ott
Angus McKay School
"Fundraising for Haiti and all that."

ASHLEY GABOURY/METRO WINNIPEG

Robyn Birch
Neepawa Area Collegiate
"Probably raise money to help with drought in Africa."

ASHLEY GABOURY/METRO WINNIPEG

Shlomo Enkin Lewis
Grant Park High School
"I think that volunteering is the best thing we can do ... volunteering for organizations here or volunteering in other countries.

We Day
Wows Winnipeg

SVJETLANA MLINAREVIC/FOR METRO

▶ Former U.S. Vice President Al Gore talks to the crowd about anyone being able to change the world.

SVJETLANA MLINAREVIC/FOR METRO

▶ Attendees take in the crowd and the sights on stage at We Day Winnipeg at the MTS Centre.

SVJETLANA MLINAREVIC/FOR METRO

▶ Students from Miles Macdonell Collegiate hold up a sign at We Day.

SVJETLANA MLINAREVIC/FOR METRO

▶ Hedley lead singer Jacob Hoggard performs on stage at We Day in Winnipeg.

SVJETLANA MLINAREVIC/FOR METRO

▶ Winnipegger Hanna Taylor, founder of the Lady Bug Foundation speaks to attendees.

SVJETLANA MLINAREVIC/FOR METRO

▶ Activist and actress Mia Farrow came to the event to detail her work in Kenya.

Occupy Winnipeg moves to prevent eviction

Province asks Occupiers not to share health-and-safety emails with media

SEAN LEDWICH
WINNIPEG@METRONEWS.CA

In the shadow of court-ordered evictions of Occupy camps in Toronto and Vancouver, Occupy Winnipeg is taking steps to ensure they give the province no reason to evict them from Memorial Park.

"When bureaucrats are overly concerned about issues and not seeing the progress that has been made, sometimes it starts making you feel like they're case-building," said Louise May, the media contact for Occupy Winnipeg.

"Security issues are a big thing. Not just finding a frozen body, but actually having middle-of-the-night violent disruptions that we can't manage on our own. But that can happen anywhere in the city, and what do you do? You phone 911." LOUISE MAY, OCCUPY WINNIPEG

May said the province sent an email last week to Occupy Winnipeg, listing a number of health-and-safety concerns.

The email raised concerns in the camp that the province is laying the groundwork for eviction, May said.

"At some point they could pick something off of that list and go with it," said occupier Pam Godin, "as a way to say, 'Hey, we believe this is unsafe, so we're going to shut you down.'"

Godin said a Tuesday general assembly was used to instate further health-and-safety measures.

Occupiers decided to remove tents that don't belong to campers committed to staying the winter, and make the winterizing of tents a group effort rather than an individual one.

Provincial spokesperson Matt Williamson said vacant tents is one of their main concerns.

"We're not planning an eviction," he said. "We're just looking to address the health-and-safety concerns at the site."

SEAN LEDWICH/FOR METRO

▶ People stand outside the yurt just prior to Occupy Winnipeg's general assembly Tuesday night.

News in pictures

PHOTOS
1. SEAN LEDWICH/METRO
2. PROVINCE OF MANITOBA
3. GOOGLE MAPS
4. PHYLICIA TORREVILLAS/METRO

1 The sun sets over Assiniboine Park yesterday. The warm weather and above-zero temperatures brought people outside as the last gasp of fall moved through the city.

2 The Province of Manitoba launched a new 511 system for checking the condition of Manitoba roads. Simply dial 511 to get a road update.

3 A gas leak on McPhillips Avenue closed Lord Nelson School for the day. No one was hurt.

4 Former 'Pegger and Winnipeg Blue Bomber superfan Nancy Schaak shows off her Bomber Pride in Vancouver yesterday. METRO

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Submerged-car girl tried suicide, court told

A court heard yesterday about the gruesome home life of a teenage girl allegedly killed by her family along with her two sisters

Sahar Shafia confided in school and child protection authorities that she was being pressured to wear a hijab, the court in Kingston was told.

She was also being shunned at home, so she tried to kill herself, the court heard.

Shafia, then 16, told a school assistant principal her parents had barely spoken with her in the previous eight months.

She also said she was subject to verbal and physical abuse by her older brother, the assistant principal told court.

It was all too much, so she took some pills in a suicide attempt, assistant principal Josee Fortin said.

"I had enough," she said Sahar told her. "I wanted to die."

The bodies of Sahar, 17, her sisters Zainab, 19, and Geeti, 13, along with the body of Rona Amir Mohammad, 50, one of their father's two wives, were found in a car submerged in a Kingston canal.

THE CANADIAN PRESS

THE CANADIAN PRESS

▶ Sahar Shafia, in a photo released this week, said she had been "emotionally rejected" by her parents, a court heard.

Family on trial

- The parents, Tooba Mohammad Yahya, 41, and Mohammad Shafia, 58, and brother Hamed, 20, have pleaded not guilty to first-degree murder.
- When Sahar tried to kill herself, her mother said something to the effect of, if she wants to die, let her, the court heard.

Protesters feel the heat — and cold

Toronto camp dismantled almost peacefully ◐ Snow gives Montreal campers the shivers

Occupy Toronto protesters bowed to the inevitable yesterday.

Scores of police and by-law officers armed with a court order moved into a downtown park to dismantle the Occupy camp.

The end appeared to come as a relief to the shrinking number of activists.

"It's really calm," said protester Katie Berger. "Everyone has planned for this.''

But one woman was arrested. She went limp and was carried away.

Two others were arrested later as a crowd chanted "Shame! Shame!"

OTTAWA

At least eight people were arrested early yesterday when police entered Confederation Park to ask Occupy protesters to leave.

VANCOUVER

Police moved in early yesterday to dismantle a second Occupy site that sprang up after the initial site at the art gallery was deemed illegal and ordered removed.

MONTREAL

Occupy Montreal tents sagged under the weight of snow as the city faced its first major storm of the season.

Mayor Gerald Tremblay has asked the protesters to leave the site in Montreal's financial district.

Organizers have said they have no plans to move.

THE CANADIAN PRESS

GRAHAM HUGHES/THE CANADIAN PRESS

▶ Occupy Montreal campers get the cold, hard truth: Winter — and snow — can put protesting in a deep-freeze.

Occupy spawns a web of laughs

The Occupy protests have spawned all kinds of Internet fun.

Take the California police officer who pepper-sprayed campus protesters: His name is Lt. John Pike but he's known as "Pepper Spraying Cop" online.

A meme positions him pepper-spraying famous figures in history. George Washington gets it. So does Jesus. Even the hobbits of Lord Of The Rings get sprayed.

There have been other goofy online reverberations, too.

One image of a cat bears a note: "I am the 99 purrcent."

Other variations include Occupy Sesame Street. Says the Cookie Monster: "99 per cent of the world's cookies are consumed by the 1 per cent of the monsters."

THE ASSOCIATED PRESS

Craigslist jobseekers killed: Cops

A Craigslist ad for a phoney Ohio farm job may have led to killings, officials say.

A death certificate indicates a Virginia man died of a gunshot wound to the head and was found in a wooded area in southeast Ohio.

Investigators said one man lured to the non-existent job was found dead last week and a second was shot. THE ASSOCIATED PRESS

Wi-Fi use protested

Parents in a school district north of Toronto kept their children out of school yesterday to protest the use of Wi-Fi in classrooms.

About 40 people, including a dozen kids from Grades 1 to 5, joined a picket line in Aurora, spokesperson Christine Marrin said.

The parents are concerned Wi-Fi could be exposing their children to radiation, she said.

THE CANADIAN PRESS

Drug raids nab 28

Quebec police say 28 people have been arrested in a major strike against an alleged drug-trafficking ring involving the Hells Angels.

Twenty-five people were arrested in Quebec, while three others were detained in New Brunswick.

More than 400 officers were involved in pre-dawn raids that netted 27 firearms, $140,000 in cash and nearly two kilograms of cocaine.

THE CANADIAN PRESS

B.C. judge justifies polygamy law

Judge upholds centuries-old ban on practice Says harm to women and children outweighs freedom-of-religion rights

Chief Justice Robert Bauman of the B.C. Supreme Court concluded yesterday that Canada's polygamy law is valid as long as it isn't used to prosecute child brides, and he suggested it should be interpreted that way.

"This case is essentially about harm ... This includes harm to women, to children, to society and to the institution of monogamous marriage," wrote Bauman. "Polygamy's harm to society includes the critical fact that a great many of its individual harms are not specific to any particular religious, cultural or regional context. They can be generalized and expected to occur wherever polygamy exists."

"There can be no alternative to the outright prohibition. There is no such thing as so-called 'good polygamy.'"
CHIEF JUSTICE ROBERT BAUMAN, B.C. SUPREME COURT

Bauman's decision isn't binding, although the case is expected to end up at the Supreme Court of Canada, which would have the final say on Canada's polygamy law. George Macintosh, a lawyer appointed to oppose the law at the hearings, said he would likely launch such an appeal.

The case was prompted by more than two decades of controversy surrounding the isolated religious community of Bountiful, B.C., where residents follow a fundamentalist form of Mormonism that believes polygamy is required to attain the highest level of heaven.

The failed prosecution of two leaders from the community — Winston Blackmore and James Oler - set the stage for the current constitutional reference.

"I certainly don't plan on dropping my faith and running away," said Blackmore upon hearing the decision.

THE CANADIAN PRESS

MIKE SCHENCK/THE ASSOCIATED PRESS

▶ In this Oct. 19 file photo, Johnny Mullet, left, Lester Mullet, Daniel Mullet, Levi Miller and Eli Miller wait to make their pleas in Holmes County Municipal Court in Millersburg, Ohio. The five men, along with reputed Amish breakaway sect leader Sam Mullet and Emanuel Shrock, were arrested early yesterday on federal hate-crime charges.

7 charged in Amish attacks

The leader of a breakaway Amish group allowed the beatings of those who disobeyed him, made some members sleep in a chicken coop and had sexual relations with married women to "cleanse them," federal authorities said yesterday as they charged him and six others with hate crimes in hair-cutting attacks against other Amish.

Authorities raided the group's compound in eastern Ohio earlier in the day and arrested seven men, including group leader Sam Mullet and three of his sons. Several members of the group carried out the attacks in September, October and November by forcefully cutting the beards and hair of Amish men and women and then taking photos of them, authorities said. Cutting the hair is a highly offensive act to the Amish, who believe the Bible's instructions to keep them long.

THE ASSOCIATED PRESS

Mullet's defence

Mullet's defence attorney said that his client plans to fight the federal charges.

- **Mullet said he didn't** order the hair-cutting, but didn't stop the crime either.
- **His goal was to send a** message to other Amish that they should be ashamed of themselves for how they were treating Mullet and his community.

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Egypt military faces world anger

UN official calls for prompt, impartial probe **Brief truce fails as protesters battle police at Tahrir Square**

International criticism of Egypt's military rulers mounted yesterday as police clashed for a fifth day with protesters demanding the generals relinquish power immediately. A rights group raised the death toll for the wave of violence to at least 38.

The United Nations strongly condemned authorities for what it deemed an excessive use of force. Germany, one of Egypt's top trading partners, called for a quick transfer of power to a civilian government. The U.S. and the UN secretary-general have already expressed their concern over the use of violence against mostly peaceful protesters.

Navi Pillay, the UN High Commissioner for Human Rights, deplored the role of Egypt's security forces in attempting to suppress protesters.

"Some of the images coming out of Tahrir, including the brutal beating of already subdued protesters, are deeply shocking, as are the reports of unarmed protesters being shot in the head," Pillay said.

Clashes resumed for a fifth day despite a promise by the head of the ruling military council on Tuesday to speed up a presidential election to the first half of next year, a concession swiftly rejected by tens of thousands of protesters in Tahrir Square.

Elnadeem Center, an Egyptian rights group known for its careful research of victims of police violence, said late Tuesday that the number of protesters killed in clashes nationwide since Saturday is 38.

The clashes also have left at least 2,000 protesters wounded, mostly from gas inhalation or injuries caused by rubber bullets fired by the army and the police. The police deny using live ammunition.

Human Rights Watch on Tuesday cited morgue officials as saying at least 20 people have been killed by live ammunition.

THE ASSOCIATED PRESS

More concessions

- The government offered more concessions, ordering the release of 312 protesters detained over the past days and instructing civilian prosecutors to take over a probe the military started into the death of 27 people, mostly Christians, on Oct. 9.

KHALIL HAMRA/THE ASSOCIATED PRESS

▶ An Egyptian protester using scrap metal as a shield takes cover from tear gas during clashes with security forces near Tahrir Square in Cairo yesterday.

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HANI MOHAMMED/THE ASSOCIATED PRESS

▶ People celebrate the signing by President Ali Abdullah Saleh of a document agreeing to step down after a long-running uprising to oust him from 33 years in power in Sanaa, Yemen, yesterday.

ARAB SPRING

YEMEN PRESIDENT TO STEP DOWN

Yemen's authoritarian President Ali Abdullah Saleh yesterday agreed to step down amid a fierce uprising to oust him after 33 years in power. The U.S. and its powerful Gulf allies pressed for the deal, concerned that a security collapse in the impoverished Arab nation was allowing an active al-Qaida franchise to gain a firmer foothold.

Saleh is the fourth Arab leader toppled in the wave of Arab Spring uprisings this year, after longtime dictators fell in Tunisia, Egypt and Libya. The deal gives Saleh immunity from prosecution — contradicting a key demand of Yemen's opposition protesters.

Seated beside Saudi King Abdullah in the Saudi capital Riyadh, Saleh signed the U.S.-backed deal hammered out by his country's powerful Gulf Arab neighbours to transfer power within 30 days to his vice-president, Abed Rabbo Mansour Hadi. That will be followed by early presidential elections within 90 days.

He was dressed smartly in a dark business suit with a matching striped tie and handkerchief, and he smiled as he signed the deal, then clapped his hands a few times. He then spoke for a few minutes to members of the Saudi royal family and international diplomats, promising his ruling party "will be co-operative" in working with a new unity government.

"This disagreement for the last 10 months has had a big impact on Yemen in the realms of culture, development, politics, which led to a threat to national unity and destroyed what has been built in past years," he said. THE ASSOCIATED PRESS

▶ A joke sign is seen at one of several entrances to the Occupy Portland camp in Portland, Ore., last month. Occupy protesters want shoppers to occupy something besides door-buster sales and crowded aisles of big-box stores on Black Friday.

Malls to be occupied on this Black Friday

- Targeted marches planned since camps broken up
- Hit list includes big chain stores in suburbs

Occupy protesters want shoppers to occupy something besides door-buster sales and mall parking lots on Black Friday.

Some don't want people to shop at all. Others just want to divert shoppers from big chains and giant shopping malls to local mom-and-pops.

And while the actions don't appear co-ordinated, they have similar themes: supporting small businesses while criticizing the day's dedication to conspicuous consumption and shopping that fuels big corporations. Nearly each one promises some kind of surprise action on the day after Thanksgiving — the start of holiday shopping season.

In Seattle, protesters are carpooling to Wal-Mart stores to protest with other Occupy groups. Washington, D.C., is offering a "really, really free market," where people can donate items so others can go gift shopping for free.

The 75-person encampment in Boise, Idaho, will send "consumer zombies" to wander around a mall in silent protest. In Chicago, protesters will serenade shoppers with revamped Christmas carols about buying local. The Des Moines, Iowa, group plans flash mobs at three malls.

That may not fly with small businesses wary of any association with the movement. Trying to shop exclusively local neglects economies of scale, job specialization and other benefits that big, multi-state corporations can bring, said George Mason University economist Russ Roberts. "Don't punish yourself by not shopping where you can get the best deal; that's foolish," Roberts said.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
- 223.49 (11,571.71)	- 0.99¢ (95.37¢ US)
Oil	**Natural gas**
- $1.84 US ($96.17 US)	$3.460 (+ 4.5¢)
	Gold
	$1,695.90 (- $6.50)

Businesses, small and large, can invest: Carney

GRAHAM HUGHES/THE CANADIAN PRESS

▶ Carney

Bank of Canada governor Mark Carney says growing access to capital should make Canadian businesses confident to invest, despite the financial chaos that has rocked Europe and troubling signals out of the United States.

"Given the relative attractiveness of Canada in global terms, Canadian businesses large and small can expect continued access to capital and that's extremely important because that allows to plan for the medium and long term," he said yesterday.

While Canadian trade with Europe remains fairly low, there are tremendous opportunities, even with Europe's debt crisis, Carney said. Carney cautioned against overreaction during international volatility.

The head of the Montreal Board of Trade said Carney's comments are reassuring to entrepreneurs who wonder if the time is right to develop their businesses and export markets.

"The worry is when they hear that in Europe investments are slowing down and the fear is a form of contagion," said Michel Leblanc. "The answer today was reassuring that the Canadian system seems to be strong enough that Canadian businesses need not have to worry."

THE CANADIAN PRESS

Carney forecast

- Carney said interest rates will remain low as the central bank tries to keep the economy moving.
- He says the economy rebounding in the third quarter and in October is a temporary respite from the approaching storm.
- He conceded that the end of 2011 will be better than projected at two per cent in the third quarter and 0.8 per cent in the fourth. Economists expect the third quarter to come in at three percent or higher.
- Carney maintained that the economy will grow 1.9 per cent next year, emphasizing risks remain high.
- He predicted inflation will slow from 2.9 per cent to about one per cent by mid next year as oil and food prices moderate.

Tastes like pork but it's goose: Rabbi

Israel's chief rabbi is bringing home the bacon. Yona Metzger's office says it is primed to allow import of an organic goose grown in Spain that tastes like pork. Metzger says three non-Jewish chefs confirm its swinish flavour. Jewish dietary law forbids eating pork. There is no Jewish injunction against eating goose that is slaughtered according to Jewish ritual, he says. THE ASSOCIATED PRESS

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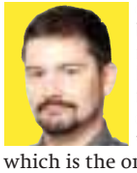
'15 SECONDS TO CURTAIN' LOVE AFFAIR

HE SAYS ...

JOHN MAZEROLLE
METRO



It's time to get things started, so let's discuss: Why does my generation find the Muppets' return so celebrational?

My workplace has been so overrun with Muppet talk lately that one boss said he wouldn't take part in any more conversations unless they were Muppet-free. Embracing our good fortune, my co-workers and I spent days defending our favourite Muppets with a vigour most people save for discussing which is the one true religion.

Let's be honest. The which-Muppet-is-best argument is silly, especially when one considers that Rowlf is the Ultimate Muppet, or "UltiMuppet," end of story.

That truth aside, the conversation still left me wondering what it is about the Muppets that captures everyone's imagination.

Have you ever had a girlfriend or boyfriend where all the things that bugged you in other partners seemed cute in her or him? That's the Muppets.

The show is soaked in irony, but is sincere and sweet. The franchise rakes in cash, but it feels like they're doing it for free. The jokes are cornier than anything this side of Hee Haw, but it's still hilarious.

Bring a Muppet to almost anything and it improves it. If there's a Twilight: New Muppet, I'm lining up at midnight to rave about how sexy Count Von Count is. If Mel Gibson wants to make The Passion of The Kermit, I'm there. I'll even watch An Inconvenient Muppet Truth if Beaker is trembling at the bad news and Honeydew brings a fool-proof machine to fix global warming.

"Bring a Muppet to almost anything and it improves it."

Replace Billy Joel with Rowlf, Brangelina with Kermiggy, Nickelback half-time shows with Mahna Mahna half-time shows. Life would be better.

If the Muppets were real, the world would be a simpler, less frightening place. Tell me the House of Commons wouldn't be improved with Statler and Waldorf in their balcony as the Official Opposition.

HARPER: This legislation will keep Canadians safer.

STATLER: Who keeps us safe from you?

HARPER: You guys, knock it off.

WALDORF: Actually, that speech reminded us of an article in our favourite magazine.

HARPER: Really?

STATLER and WALDORF: Harper's Bizarre!

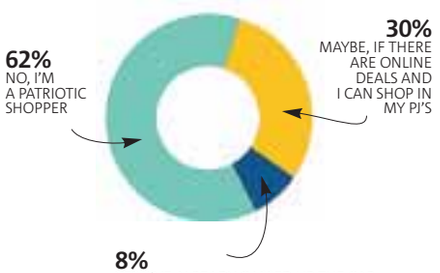
If we all lived like Muppets, peak oil wouldn't be a problem when you can fit 40 of us in the same car. There can be no racism in a world where love exists between pig and frog. And instead of being puppets of America, we'd just be American puppets.

I'm not sure I've gotten to the bottom of the Muppets' appeal, but someday we'll find it, this rainbow connection. All I can say for sure is that my generation's belief in the Muppets is not cheap nostalgia, but completely felt. (Wocka wocka.)

Read more of John Mazerolle's columns at metronews.ca/hesays

Register at metropolitanpanel.ca and take the quick poll

Do you plan to do some cross-border shopping on Black Friday?

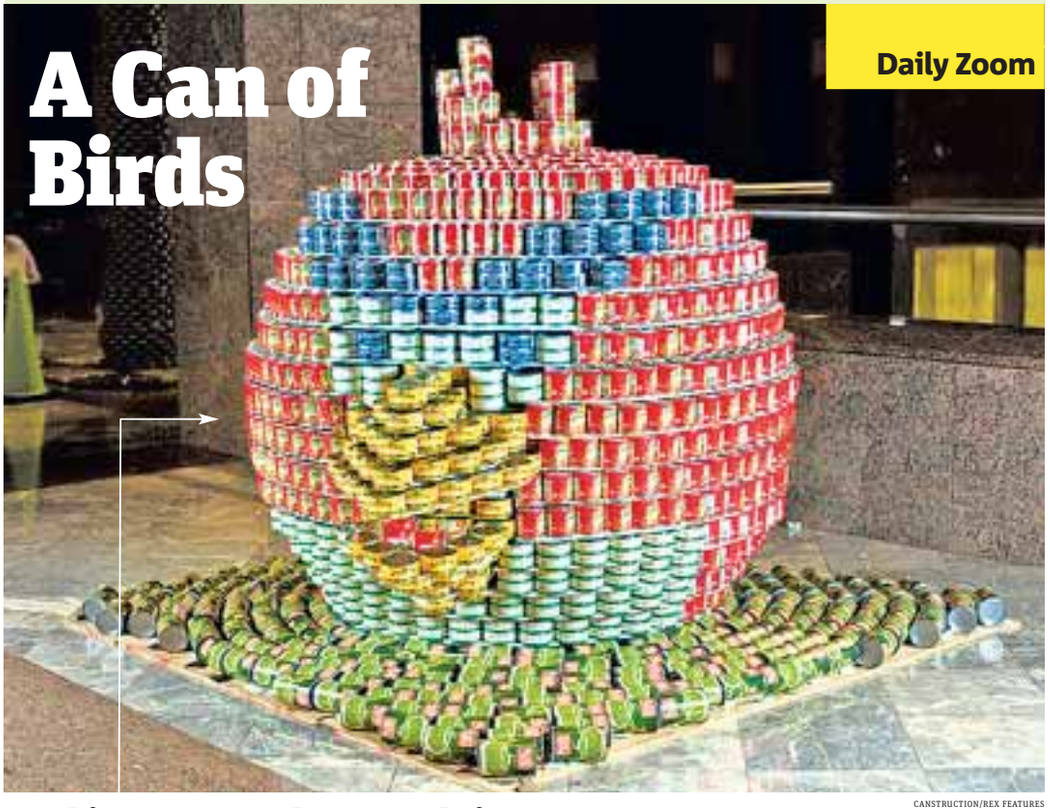


Local tweets

- **@999BOBFM:** To all the curmudgeons who ever said teenagers don't care about anything, #Winnipeg presents #WeDay #CanUFeelIt?
- **@savannahboyko:** @MiaFarrow is such a beautiful humanitarian She said 'We r the generation she's been waiting 4!' #WeDay #Winnipeg so inspiring
- **@melissakostyk:** just an hour in and I already know my life will be changed forever. #weday
- **@erinbrie:** 'If you want to quickly, go alone. If you want to go far, go together.' African proverb. #WeDay
- **@Jessieluvhedley:** @TommyMac1 you guys killed in winnipeg today! you have inspired me to get my school doing the "vow on silence" on the 30th! #WeDay
- **@brynaetoth:** @freethechildren Lincoln says our fav part was Spencer West. He has accomplished more than anyone imagined & continues to inspire. #weday
- **@KaytyS4C:** #WeDay #Winnipeg was seriously one of the most amazing experiences in my life

Daily Zoom

A Can of Birds



CANSTRUCTION/REX FEATURES

Stacking up a work of art

TIN CAN. This Angry Birds replica in New York City has been constructed entirely from tin cans. It and others are part of Canstruction, a global community service project organized by the construction industry to benefit local food banks. The annual event has been held in over 193 cities since 1992. MWN

They CAN do it for a good cause

COMPETITION. The event was created by the Society for Design Administration. Spokesperson Chakshu Mehta explains the premise of the project: "The idea is to put a visual spotlight on hunger while showcasing the design." Notable creations include the head of Tutankhamen, Marilyn Monroe and Barack Obama. MWN

3,000

is the average number of food cans in each 'sculpture'. Between 5 to 10 stackers work as a team for up to 8 hours to build a work. The hardest thing to figure out is how many cans are needed for each project, organizers told Metro.

Can-shaped facts

- **29,000 kilos of food were raised in the New York competition.** That's enough to feed almost 14,000 people for one day.
- **Serious 'food stackers.'** Architects, engineers, designers and building contractors team up to construct perfect sculpture.

metro
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A vessel for the creativity

C.R. Avery's journey takes him to West End Cultural Centre on Friday Showtime is at 8

BACKSTAGE PASS

JARED STORY
METRO WINNIPEG

"Outlaw hip-hop harmonica player", "beatbox poet", "punk piano player", "string quartet raconteur", "rock & roll matador", "playwright", C.R. Avery's resume reads like some sort of alternative renaissance man. The creative catalyst for the jack of all artistic trades? 1980's hip hop trio The Fat Boys.

"When I was nine I rewrote a Fat Boys rap with my own lyrics and beatboxed it for my sister's friends," the Vancouver-based artist says. "It was a song called Protect Yourself, which is about wearing condoms. The sad thing is I rewrote the lyric to a 'don't smoke' rap as I chain smoke in my hotel room."

No worries, just add "chain smoker" to the old CV. Avery's ability to do it all has resulted in 15 albums, shows all over the world and praise from the likes of Tom Waits and Utah Phillips. Now, he's working on his biggest project yet.

"The last time I played the West End Cultural Centre was with my string quartet and I got really inspired by that sound, so I indulged and for the last three years I've been working on an album with a 56-piece orchestra and a 20-piece choir. It's massive," Avery says, who's shooting for spring release.

For Avery, ideas tend to take over. He says sometimes a full-band song will turn into spoken word poetry or a piano-written piece will develop into a hardcore rocker. Avery's just the vessel, it's the art is in control.

"I've got all these kids and I'm just the bitch dad doing whatever they say they want to do," Avery says. "It's like 'let's go to the park'. We get to the park and they want to go to the pool. I'm at their mercy."

Avery's art drags him to the West End Cultural Centre on Friday. Also on the bill is Calgary-born roots rocker Wil. Tickets are $14 at the WECC, Music Trader, The Winnipeg Folk Festival Music Store and Ticketmaster or $18 at the door. Showtime is 8 pm.

Details

Want more Jazz?

Show Winnipeg jazz cat Janice Finlay unleashes Anywhere But Here tonight at the Canadian Mennonite University's Laudamus Auditorium. Tickets are available at the door. Showtime is 8 p.m.

CONTRIBUTED

C.R. Avery's — a jack of all musical trades — will be performing in town on Friday.

2 scene

Nickelback

Nickelback stars in a new video on the comedy site FunnyorDie.com. The profanity-laden clip finds Nickelback responding to an online petition set up to stop the divisive hard-rockers from playing at a Detroit Lions game on Thursday.

THE ASSOCIATED PRESS

Bee Gee Robin Gibb says on his website that he is improving after being very ill

▶ Olivia Wilde

Olivia Wilde getting close to Jake Gyllenhaal?

Olivia Wilde and Jake Gyllenhaal are turning heads after getting cosy during a dinner in New York this week, according to Page Six.

Wilde and Gyllenhaal hit up Chinatown Brasserie with a group of friends but reportedly only had eyes for each other.

"They were in a group but were very cosy, with their chairs pulled close together," a source says.

The two were last spotted together hitting up L.A.'s Chateau Marmont in June, but their reps insisted they were just friends at the time.

METRO

All quiet on the Yeater front

Mariah Yeater, the woman who has accused Justin Bieber of fathering her 4-month-old son, has remained silent since the singer went ahead and submitted to a DNA test to disprove her claim.

According to TMZ, neither Yeater nor her lawyers have made any attempt to contact Bieber's team about following up or submitting a sample of the baby's DNA to complete the paternity test, and sources doubt they will at this point.

Bieber's team has expressed interest in filing suit against Yeater if her claims prove to be false.

METRO

Ashton, Demi still on speaking terms

Divorcing couple met recently at 'Kabbalah House'

ALL PHOTOS GETTY IMAGES

▶ Ashton Kutcher and Demi Moore

While Demi Moore may have filed for divorce from Ashton Kutcher, she's apparently not done talking to him, as the pair reportedly met at the Beverly Hills home of a friend the weekend after her divorce announcement, according to Us Weekly.

"It's affiliated with Kabbalah, and some of the people who go there refer to it as the 'Kabbalah House,'" a source says of their meeting place, where the couple are said to have previously visited for Kabbalah-themed marriage counselling. Kutcher and Moore arrived separately but were seen leaving at the same time.

"They seemed very sombre," the source says.

But apparently Moore has been anything but sombre since deciding to ditch Kutcher, even reportedly appearing chipper and cheerful at a nail salon the morning of the divorce announcement.

"Demi's been telling friends that it gets easier every day," a source says. "She's very optimistic."

METRO

Celebrity tweets

@jessicaalba

Happy Holidays from my family to yours! Hope you all have a festive season filled w/ joy and cheer!

@_juliannemoore

I don't know about u but I think Herman Cain's use of the word "ain't" is enough to disqualify him from the presidency.

@GwynethPlatrow

On my way to Beijing for the first time. Any recommendations for food, sights, traditional medicine, etc.?

@AlbertBrooks

Rumor: When Titanic is released in 3-D the ship will not sink.

The 'bad girl' belongs to Brad

Angelina Jolie has changed a lot from her wilder younger days, but she insists there's some of that still in there.

"I'm still a bad girl. I still have that inside of me," she tells 60 Minutes in an interview.

"It's just in its place now. It belongs to Brad — or our adventures."

Jolie is just happy she made it through her more rebellious period.

"I didn't die young, so I am very lucky," she says.

"For many reasons, I shouldn't be here."

Angelina Jolie

METRO

Spears loves chocolate; all kinds of chocolate

As Britney Spears continues her current globe-trotting concert tour, the hectic schedule is definitely taking its toll, she says.

"Trying to get up and go work out in the morning (is hard). I haven't worked out in, like, two weeks," she admits to Stylist.

"Sometimes it's hard to be motivated. But once you get up and do it you feel like you've conquered the world."

And when she needs a pick-me-up, the answer is "definitely chocolate," Spears says.

"I love Skors, with the caramel in the middle, and every once in awhile if I'm really hungry then a Snickers bar is good. And M&M's are great, Hershey's Whoppers are great, Raisinettes. Twixes are great, too. And the new Hershey's Cookies & Cream."

▶ Britney Spears

METRO

Career comes first, woman second for Jeremy Renner

While his star is clearly on the rise, Jeremy Renner admits that his days struggling to make it made having a girlfriend difficult.

"I never dated, because I couldn't afford to date. I didn't even have electricity," Renner tells Details.

"But I loved what I was doing. The sacrifices I made in personal relationships had the biggest effect on my life. Even now, any woman would take a No. 2 seat to my job." That being said, it's not that Renner wouldn't like someone in his life.

"I have a wonderful life, but it means nothing if it cannot be shared. That's all I'm missing right now. It's a little unbalanced for me," he says. "Right now the only thing consistent in my life is that little dog. That's why I got it. I was getting really lonely. I needed somebody or something to be there with me through the whole journey." METRO

WE DAY

FREE THE CHILDREN
children helping children through education

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Hartley Richardson, President & CEO of James Richardson & Sons, Limited and Affiliated Companies, Mark Chipman, Chairman of True North Sports & Entertainment Ltd. and Bob Silver, President of Western Glove Works Ltd.

Also, thank you to the speakers and performers who have graciously given their time, talent and knowledge to help empower young people to lead global change.

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FAB 94.3 Super Hits of the 60's 70's

BOB FM 90s, 00s & Whatever!

TSN Radio 1290

Get ready to shop

You don't have to drive south of the border to get Black Friday discounts

HEATHER BUCHAN
LIFE@METRONEWS.CA

Tomorrow marks Black Friday — the biggest sales event of the year in the United States — with retailers slashing prices on virtually everything. Held the day after American Thanksgiving (this year, it falls on Nov. 25), it traditionally marks the kick-off to the holiday shopping season.

In the past, many Canadians flocked to their closest border crossing in order to take advantage of the U.S. deals, but rather than packing up the car, making the road trip south and waiting in lineups for hours, more and more Canadians will be journeying online for cross-border shopping deals this year.

According to a recent Ipsos Reid survey conducted on behalf of Visa Canada, 34 per cent of Canadian online shoppers plan to shop online at American retailers this Black Friday. This is an increase of six per cent from last year.

Cyber Monday — the online cousin to Black Friday — takes place on the Monday following the U.S. Thanksgiving weekend and features a number of discounts on shopping websites.

Resources

Some helpful sites to help you navigate Black Friday:

- **blackfriday.info:** The official site for all the 2011 Black Friday ads.
- **BlackFriday.FM:** You can sign up for email updates and check out sales from your favourite stores.
- **TGIBlackFriday.com:** Offers one-click filters to see what popular deals are available online.
- **redflagdeals.com:** Canada's largest bargain hunting website has an entire section devoted to Black Friday deals.

"Over the past few years we have seen a steady increase in the number of Canadians who look for deals south of the border on Black Friday," says Stephanie Wallat, business leader for e-commerce with Visa Canada. As a result, many U.S. retailers seem to be taking notice of the Canadian interest and have extended their shipping to Canada and abroad.

In a bid to keep Canadians from cross-border shopping this weekend, some Canadian retailers are ramping up sales of their own. Toys R Us Canada announced that it's holding a half-price event this weekend. And The Bay, Zellers and Home Outfitters, Future Shop and Best Buy will also be offering special sales events this weekend.

Shopping tips

Make the most of Black Friday by following these savvy shopping tips:

- **Do your research before shopping.** Go to a retailer's site early, pick out everything you want, do price comparisons and add items you want to your shopping cart.
- **Find out the full cost of the item you want.** Borderlinx (borderlinx.com/visa/ca) provides a calculator that estimates the entire cost of a purchase, including currency conversion, taxes, duties and shipping.
- **Canadian duties on apparel are much higher than on electronics.** That could eat into some of your cross-border savings.
- **How do you know if you're really getting a great deal?** Experts say that if the item you want isn't 40 to 50 per cent off, leave it behind.

ADMITTING YOU WANT TO WIN PRIZES & GET GREAT DISCOUNTS IS THE FIRST STEP.

REGISTER AT CLUBMETRO.COM

club metro .com

ALL PHOTOS ISTOCK IMAGES

▶ Passport rules, border waits and gas prices make staying in Canada more appealing to the Black Friday shopper.

Canadian retailers get in on the action

More Black Friday bargain hunting is beginning to happen in Canada, says an Ottawa-based marketing expert.

"Surveys across Canada show that this year, cross-border shopping is going to be down," said Brian Card, president of the Ottawa-based market research firm CRG consulting.

But that flies in the face of travel data from Statistics Canada showing same-day car trips to and from the U.S. by Canadians are at their highest level since 1998 at 7.2 million in the second quarter of 2011 and 7.1 million in the third.

BMO economist Robert Kavcic said the numbers correlate with the rise in value of the loonie versus the greenback.

He agree with Card that Canadian retailers are beginning to hold their own Black Friday sales.

JESSICA SMITH/SEAN MCKIBBON

What's allowed

- **Exemptions:** If you're gone for a day, you get $50 worth of goods to bring back. If you're gone for 48 hours, you get $400. A week? $750.
- **If you're caught smuggling:** Border services can seize your goods, fine you up to 80 per cent of their worth and take your car — and you have to pay before you get any of it back. That's if you're not arrested. ELISHA DACEY

17%

of Canadians say they intend to head south of the border on Friday for America's biggest shopping day of the year.

Is it worth the drive?

Hordes of shoppers, including thousands of Canadians, are gearing up to spend their hard-earned money south of the border during America's largest shopping event of the year.

Black Friday enthusiast Danielle Graydon, who heads to Bellevue, Wash., every year, says the event is a good place to finish Christmas shopping in one trip.

"Last year I got all my Christmas shopping done for $350," she said. "At some stores you'll get discount on top of discount. The trip is worth it because you end up saving hundreds."

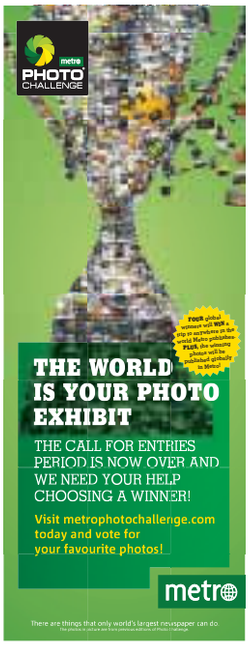
Graydon describes Canada's Boxing Day as a "pathetic" alternative to America's busiest shopping day. KENDRA WONG

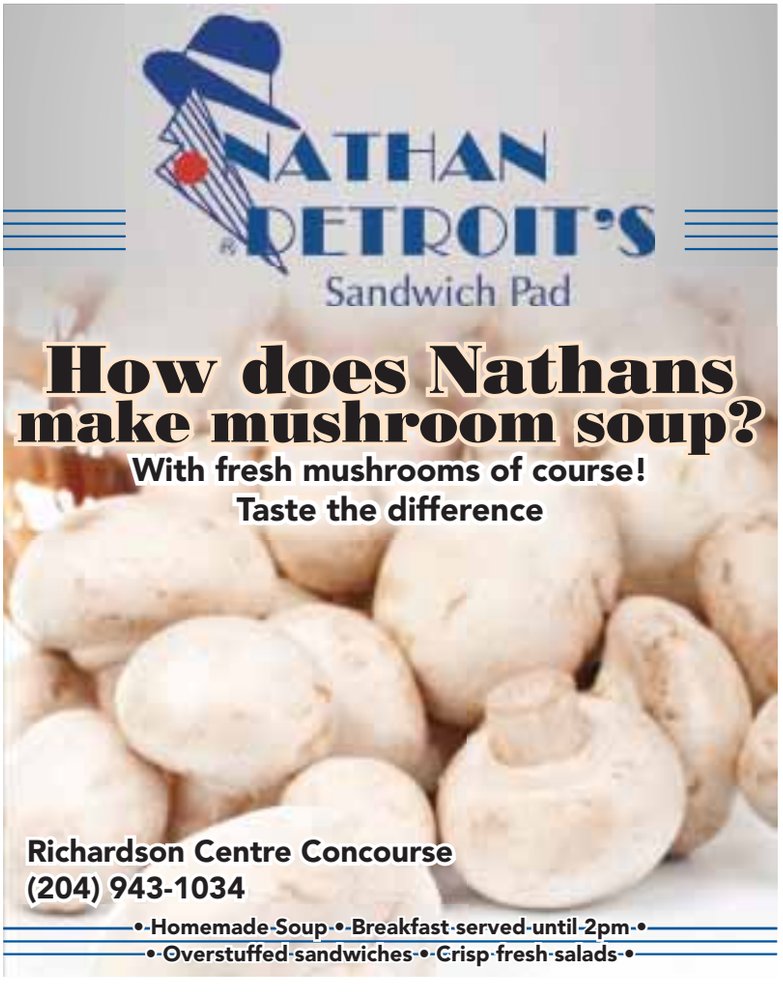
Hot items

According to Ipsos Reid, clothing and accessories will be the most popular purchases tomorrow, followed closely by books, movies and music.

Some of the steepest price cuts are on electronics, including televisions, computers, DVD players, music players, video game consoles and small appliances. Leave home furnishings purchases until Boxing Day sales.

HEATHER BUCHAN





3 life

A stylish story

Popular show turns a page

From TV screens to glossy magazines, the world's longest-running fashion series, Fashion Television, extended its iconic brand on Tuesday with the launch of a semi-annual magazine. Featuring fashion royalty Grace Kelly on the cover, Fashion Television Magazine offers its readers a unique video/print hybrid — a multimedia experience with a chance to see each print story come to life with a companion video available on fashion-television.com.

METRO

Lady Gaga opens Gaga's Workshop at Barney's department store in New York

This Victoria's Secret bombshell gets in shape with maca powder, bee pollen and sun warrior protein We discuss

GETTY IMAGES

Miranda Kerr's thong song

TINA CHADHA
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

For the first time in her five years of walking down the runway as a Victoria's Secret Angel, the Australian bombshell Miranda Kerr had the honour of wearing the $2.5 million Fantasy Treasure Bra. And that's just months after giving birth to her first baby with husband, Orlando Bloom. We ask her the question every woman wants to know.

Besides the $2 million bra, what's the biggest difference between walking in a high fashion catwalk show such as, say, Balenciaga versus Victoria's Secret?
The great thing with Victoria's Secret is they really encourage us girls to interact with the audience and show a bit of personality, so it's a totally different thing for sure, but both of them are good in their own right. The Victoria's Secret show is quite a theatrical performance. I love to be in the moment and feel the music.

"[Generally the] first step would be to blow dry then apply a volume lotion in your hair. Once we blow dry all that through we spray in [Orlando Pita] Elevate Texture Spray. Then we do the curling iron set. Then we send the girls to makeup, after they're done we brush it all out."
HAIR GURU ORLANDO PITA ON HOW TO NAIL THOSE BIG VS CURLS

You lost the baby weight ridiculously fast. Can you give us a breakdown of your daily diet?
Everyday is different but I like to start the day with a fresh green juice with kale, spinach, cucumber, beets and lemon. Then half an hour later, I have a power smoothie, which has sun warrior protein powder, chia seeds, maca powder, raw cacao, bee pollen, goji berries, noni juice, vitamineral green and coconut water. Then an hour after that I'll have oatmeal or eggs. That's my three-course power breakfast. For lunch I might have some grilled fish with goat cheese or baby spinach salad and olives. Sometimes I'll have a sweet potato. At dinner, I'll have a lentil soup and maybe some chicken. And I love to have my salads with avocado, feta and spinach.

It sounds like a lot of careful maintenance. What does your workout regimen look like?
I've been practicing yoga for over 12 years. And after I had the baby I started doing Pilates. That was really helpful. But three weeks leading up to the VS show, I start working out five times a week using a resistance band and leg weights.

Is the Fantasy bra heavy?
No it's not so heavy but my wings are really heavy.

Where does one go after you've modeled the $2.5 million bra? What do the next five years look like for you?
I really want to expand my organic skin-care line all over the world. I created a line that I personally wanted — it's a certified organic range — but couldn't find. Kora organics has been my passion and my idea. I invested the money behind the product. I blog [on the site] once a week.

Backstage talk

How the angels whip their skin and bodies into shape

Adriana Lima

"I think working out makes your skin glow. It's a natural detox. I also drink a lot of water and coconut water. For makeup, I use lots of black mascara, lip gloss and that's it."

Joan Smalls

"Every day, I wash my face with something that contains salicylic acid and then I continue with an advanced night repair. I put it on in the morning and I mix it with Estée Lauder DayWear cream, it has SPF 15. It's important to protect your skin in the morning."

Colour-popping coats

This season, the chintzy Christmas lights needn't be the only beacons of brightness Get noticed!

1

2

3

4

5

If the dark days of winter aren't depressing enough, we choose to garb ourselves in outerwear that wouldn't look out of place on a Victorian funeral march. Why don't we stop mourning for summer and sling on something bold and bright all year long. After all, it's not that risqué, seeing as most men won't hesitate come June to pull on some outlandish Hawaiian-print shirt.

1 BURBERRY PRORSUM AW'11

The British heritage brand leads the colour revolution with an old school duffel.

2 E.TAUTZ PEACOAT

Yep, we're all familiar with the pea coat. But this lurid, mustard yellow number is the military classic on acid.
$1,555, mrporter.com

3 ZARA DOUBLE BREASTED COAT

The '70s are still hot this season, making this a must-have winter warmer.
$249, zara.com

4 UNIQLO PREMIUM DOWN ULTRA LIGHT JACKET

The quilted coat was once the staple purchase of practical parents for their tearaway toddlers. Thankfully, it's been reworked into a svelte, lightweight looker.
$80, uniqlo.com

5 TOPMAN ELECTRIC BLUE PEACOAT

Get ready to rock right down electric (blue) avenue in Topman's peacoat. And no it's not style over substance as this one comes with extra snug padding — perfect for a sub-zero season.
$170, topman.com

RICHARD PECKETT

Men's grooming

Tidy that 'tache

The Movember grow-off is well underway, which probably means your tache is in a right old tangle. But fear not, as this little Kent comb will have your whiskers preened and perfect in no time at all.

RICHARD PECKETT

MOVEMBER COMB

$11, kentbrushes.com

Jeanne Space

In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.

@Jeanne_Beker:
So many fab responses to my talk @GuelphHumber today. Thank you all for LISTENING! Now how do YOU plan on making a mark in the world?

▶ @Jeanne_Beker: With Morgan Dumas in IZ Adaptive Clothing coat by designer Izzy Camilleri. Democratizing fashion!

- **@mayibecandid :** Funny you should ask. Just submitted my 1st column, on Canadian fashion, to a European mag today! That's my mark for now.
- **@Jeanne_Beker:** Wow!!! Good for you! And good luck with it! Very impressive....
- **@RoyFullerPhotog:** been contemplating how to make my mark for years, decided to grow my holdings and leave them to charity. Starting small now.
- **@Jeanne_Beker:** What a beautiful thing to work towards!

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Celebrate with flameless candles

A safer and brighter idea for holiday entertaining

SEARS

▶ Modern flameless candles create a chic display when accessorized with other modern elements. Flameless Pillar Candle Set; Sears

The holidays are all about creating a magical mood in your home for entertaining; great music, special food and drink, and of course lots of candles to help set a festive mood.

I love to use candles everywhere around the house when having people over, but am also cautious about leaving them to burn on their own.

Flameless candles are a great option to real ones, and although you don't get some of the scents that are available with the real thing, the flicker and light that is cast would fool almost anyone.

DESIGN CENTRE

KARL LOHNES
HOME@METRONEWS.CA

Made of quality wax or plastic resin, the candle's inside houses an LED light that flickers and is shaped like a small flame.

The tops can have the look of dripping wax coming down the sides for a traditional look or a clean-edge look for a more modern esthetic.

There is a small switch on the bottom that controls the on/off of the LED light.

Flameless candles are made in all standard candle sizes, from tiny votives to large three-wick style pillar candles.

I like the white or off-white four-inch pillar size candles as they are most classic and will be neutral enough to use year round.

As there are no safety worries with flameless candles, I like to display in places that I would never dream of using real ones — lining them up the staircase, outside on the front porch (no worries of them blowing out on a cold windy night), on window ledges, within the Christmas tree or in guest rooms.

For a realistic candle look, place them in glass hurricanes and add some decorative touches around the base like cranberries, holly or small metallic ornaments.

You can also use a large grouping to adorn an unused fireplace; fill the empty fireplace with birch logs, glass ornaments and a variety of flameless candle sizes.

Depending on the quality of batteries that come with the candles, the LED lights burn from 24 to 100 hours.

Flameless candles take a variety of batteries; triple A and watch battery styles are most popular — it's always smart to keep some extras on hand during the busy entertaining season.

The magic of Morocco

Bring the flavours of the Middle East to your kitchen with this easy tagine recipe for lamb

Moroccan cuisine is renowned for its delicate balance of sweet and spicy flavours.

Try this easy slow-cooker tagine recipe with some convenient grocery store items to help you during the week.

Moroccan Lamb Tagine

Preparation:

1. In large heavy frying pan, heat oil over medium-high heat. Sprinkle lamb with salt and pepper. Cook for 10 to 12 minutes, turning occasionally.
2. Transfer lamb to slow cooker. Stir onions and garlic into frying pan, reduce heat to medium-low and cook for 4 to 6 minutes or until softened. Transfer onion mixture to slow cooker.
3. Stir carrots, broth and sauce into slow cooker. Cover, turn heat to low and cook for 10 to 12 hours or until lamb is very tender when prodded with fork.
4. Transfer carrots to a bowl; set aside. Remove lamb from slow cooker; using two forks, shred meat. Place lamb and carrots on a platter; drizzle with sauce. Serve with couscous and hot buttered chickpeas, if desired. Garnish with chopped dried fruit, such as apricots, figs or dates.

Ingredients:

- 2 tbsp (25 mL) canola oil
- 1 boneless lamb shoulder, about 1 ¾ lb (875 g)
- 1/2 tsp (2 mL) salt
- 1/2 tsp (2 mL) freshly ground black pepper
- 1 large white onion, halved and thinly sliced
- 2 cloves garlic, sliced
- 2 large carrots, peeled and cut diagonally in 1 ½ inch (4 cm) long pieces
- 3 cups (750 mL) sodium-reduced chicken broth
- 1 bottle (350 mL) PC Memories of Morocco Sauce

NEWS CANADA/PRESIDENT'S CHOICE/THIS RECIPE WAS ADAPTED FOR METRO BY EMILY RICHARDS, A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT HER WEBSITE EMILYRICHARDSCOOKS.CA.

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Eric at: epl663@hotmail.ca

Ready for some heavy lifting

Bombers tailback Garrett looks to take momentum into Grey Cup after huge game in East final

PAUL CHIASSON/THE CANADIAN PRESS

▶ Blue Bombers running back Chris Garrett flexes during practice in Vancouver yesterday.

When Chris Garrett was cut in training camp by Winnipeg last spring he was confident he'd find another job somewhere. He was glad when it was the Blue Bombers who called him back.

The five-foot-eight tailback now is expected to be a key part of the Bombers attack when they take on the B.C. Lions at BC Place in the Grey Cup game on Sunday.

"The only thing that matters is we're in a Grey Cup now and we're enjoying it," the 24-year-old said yesterday after the Bombers' first practice in the refurbished dome in Vancouver. "I knew I was going to be somewhere. I was at home (in Utica, N.Y.) working out and waiting for my opportunity. It just happened that the Bombers called."

Winnipeg brought Garrett back even before they lost starting tailback Fred Reid for the season to an injury. It turned out to be a prescient move.

Garrett ended up eighth in the CFL with 576 yards on 92 carries and his 6.3 yards per carry average was among the league's best.

"They're pretty similar in stature, but Chris maybe runs downhill a bit harder," quarterback Buck Pierce said of comparisons of the two stocky running backs, Garrett and Reid.

In the East Division final on Sunday, Garret ran wild, piling up 190 yards on 29 carries in a 19-3 victory over the Hamilton Tiger-Cats in freezing weather in Winnipeg.

He was named the CFL offensive player of the week for his effort.

"It was good I guess," he said with a grin. "I got a pretty nice watch out of that.

"It's momentum I can carry from last game into this one. It'll give us more confidence coming into their home."

THE CANADIAN PRESS

PAUL CHIASSON/THE CANADIAN PRESS

"Maybe Chris has a chip on his shoulder. They released him twice. ... He plays with a passion right now that I think is great for our offence."

BOMBERS QB BUCK PIERCE ON RUNNING BACK CHRIS GARRETT

Grey Cup swan song for Buono?

He's won more games than any coach in CFL history and has the B.C. Lions poised to become just the fourth team in league history to win the Grey Cup at home.

But when Wally Buono walks off the BC Place Stadium turf Sunday, it could be for the last time as a CFL head coach.

The B.C. Lions head coach/GM said yesterday during a Grey Cup news conference that win or lose Sunday, he will take time this off-season to decide whether he will return to the sidelines.

"After Sunday, I'll sit down and resolve it. That's the agreement Mr. Braley (Lions owner David Braley) and I have and I'm going to stick to my part of the agreement," he said.

THE CANADIAN PRESS

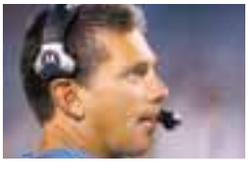
Detroit ready to put Packers to the test

The last time Aaron Rodgers and the Packers came to Detroit, they looked like anything but Super Bowl contenders.

Of course, the Green Bay quarterback has a perfectly valid explanation for why the Lions slowed him down.

"They gave me a concussion," Rodgers said.

Rodgers recovered from that jarring December loss, leading the Packers to a Super Bowl title, but the way the Lions shut down their NFC North rivals still resonates. This trip to Detroit to face Ndamukong Suh on the U.S. Thanksgiving holiday today could be the toughest remaining test of the regular season for the unbeaten Packers (10-0).



"We want to make sure that the players understand the tradition of this game, its importance to the city, its place in the history of the National Football League."

DETROIT LIONS COACH JIM SCHWARTZ

"Another game, another opportunity to get after another great team," said Suh, Detroit's imposing defensive tackle. "They're a great offence, and one that's very potent."

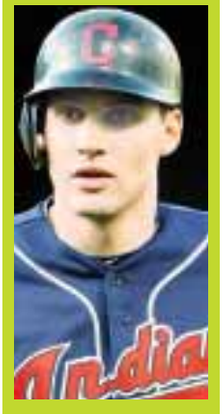
It's hard to imagine now, but the Packers were actually in danger of missing the playoffs after they lost 7-3 in Detroit last season. Rodgers left with a concussion toward the end of the second quarter, but Green Bay was sputtering even while he was in the game. Rodgers missed the following week's game, a loss to New England, but the Packers have won 16 straight since.

The Lions (7-3) face a daunting task if they're going to end their seven-game Thanksgiving losing streak. The last time they won their traditional holiday game was in 2003, when they intercepted Brett Favre three times in a 22-14 victory over Green Bay.

THE ASSOCIATED PRESS

4 sports

Quoted



"I wasn't ready to say goodbye and move on."

GRADY SIZEMORE, ON WHY HE DECIDED TO RE-SIGN WITH THE CLEVELAND INDIANS. THE INDIANS WILL PAY HIM A BASE SALARY OF $5 MILLION NEXT SEASON. THE 29-YEAR-OLD CAN MAKE ANOTHER $4 MILLION BASED ON PLATE APPEARANCES. THE DEAL ALSO INCLUDES AN AWARDS PACKAGE THAT INCLUDES $500,000 IF SIZEMORE IS SELECTED COMEBACK PLAYER OF THE YEAR.

Scan code for more sports news.

Caps defeat Jets in overtime

Chimera scores twice, including game-winner
Ladd, Wellwood, Little had goals for Winnipeg

Jason Chimera scored his second goal of the game at 1:52 of overtime to give the Washington Capitals a 4-3 victory over the Winnipeg Jets last night.

Chimera took a pass from Dennis Wideman and easily redirected it into the open net. Winnipeg's three-game winning streak came to an end.

Washington has won two in a row.

The Capitals had lost their past four games against Winnipeg, going back to last season when the team was in Atlanta.

The Capitals improved to 4-0 in overtime this season.

Washington got its offence going, coming up with numerous scoring chances and holding a 37-25 edge in shots.

4	3
CAPITALS	JETS

The Capitals took a 3-2 lead when Nicklas Backstrom celebrated his 24th birthday by scoring from in front at 3:08 of the second period.

Washington needed to play some tough defence when Winnipeg had a two-man advantage for 1:20 midway through the second period.

Brooks Laich then broke his stick right after the second penalty and couldn't get to the bench, but Washington killed the penalties, drawing a standing ovation.

Winnipeg tied it at 3-3 at 12:36 of the third period when Bryan Little scored on a quick shot from the left circle.

Andrew Ladd got the Jets on the board at 13:21 of the first period, but Washington answered 12 seconds later when Chimera re-directed Laich's pass into the net.

Kyle Wellwood then tied it again for Winnipeg by burying a rebound with 3:30 left in the period.

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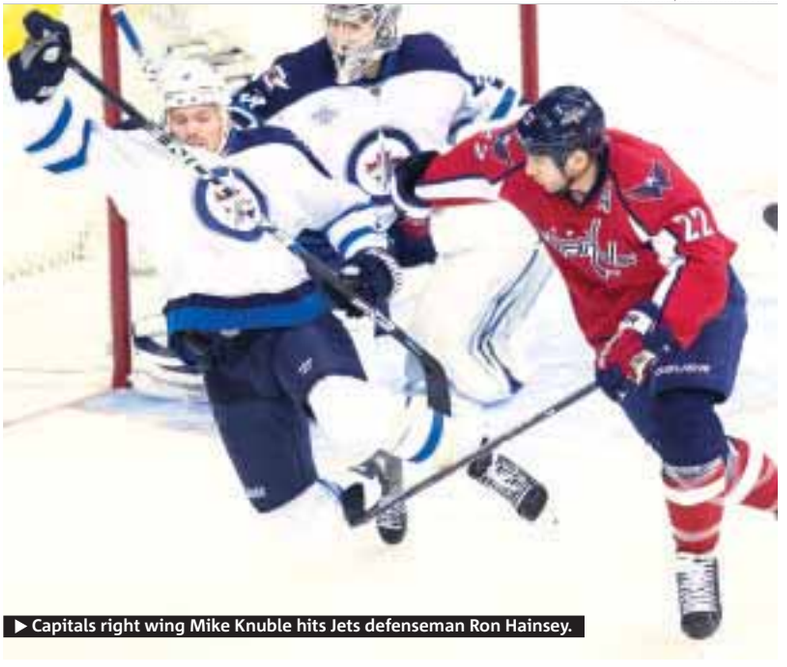
EVAN VUCCI/THE ASSOCIATED PRESS



▶ Capitals right wing Mike Knuble hits Jets defenseman Ron Hainsey.

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FOR THE LOVE OF HOCKEY

IT'S OFTEN BEEN SAID THAT HOCKEY IS LIKE A RELIGION FOR MANY CANADIANS

"There's probably a degree of truth or reality to that statement," said Todd Millar, president of Hockey Calgary. "Clearly there's a passion to the game. It's Canada's game and we all love it. We almost start craving for it in the off-season. We can't wait to see the puck drop again."

In Winnipeg, an increase in minor hockey registration numbers is inevitable with the Jets back in the fold once again.

"There's no doubt that over the few years I think we'll see more growth," said Don McIntosh, president of Hockey Winnipeg.

McIntosh has some words of advice for those lucky enough to see the Jets play home games at the MTS Centre in Winnipeg.

"It's just been crazy here," he said. "Everyone's warned to take earplugs."

While those born in Canada seemingly get inundated with hockey knowledge at a young age, many others families that move here also pick up a love for the game.

It's paramount for us as custodians of the game to continue to find ways to educate and introduce the game," Millar said. "I would suggest that it's not just a Canadian game … that if people are exposed to it, it's an easy game to fall in love with. Once we get them on the ice and playing it, they too fall in love with it.

McIntosh agreed with his Calgarian counterpart that since population demographics are changing that minor hockey associations have to adapt as well.

"Our goal, we talk about it a lot, is to attract those kids," McIntosh said.

Both Winnipeg and Calgary have adopted strong policies regarding respect in sport.

"We did it … to create an environment for participants here regardless of their background," McIntosh said.

– By Laurence Heinen

RESPECTFUL HOCKEY POLICY

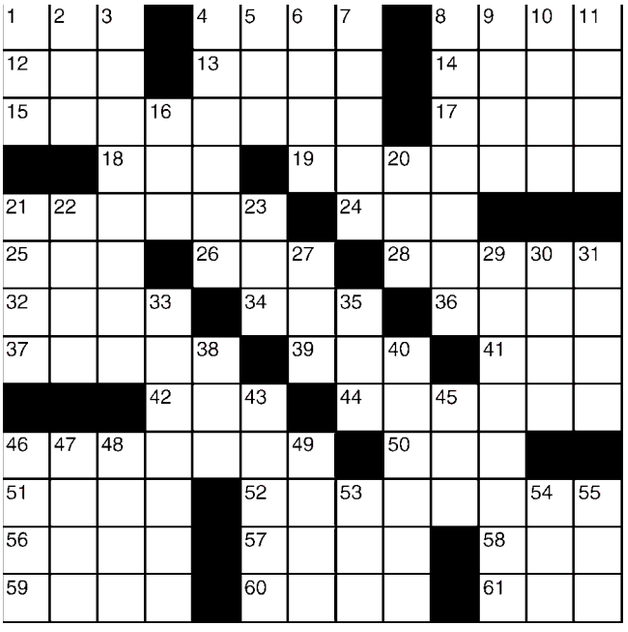
Last season, Hockey Winnipeg adopted its Respectful Hockey Policy to address the unacceptable behaviours of discrimination, harassment, bullying and abuse.

The policy reflects the principles and practices established by Hockey Canada's Bullying, Harassment and Abuse Prevention Policy.

Hockey Winnipeg is committed to providing a positive and respectful hockey experience for all hockey participants in a safe and sportsmanlike environment and is equally committed to providing a safe and respectful work environment for its employees.

Unacceptable conduct, as defined by the policy, in any form, will not be tolerated. Hockey Winnipeg will make every reasonable effort to respond quickly and effectively to complaints or disclosures of unacceptable conduct.

Crossword



Across

1 Household member
4 Shock
8 Baby bed
12 Retirement plan acronym
13 Acknowledge
14 Humdinger
15 Sports fans' party site
17 With dexterity
18 Journey segment
19 Blue quality
21 Light colour
24 Frat-party need
25 Matterhorn, for one
26 Slight touch
28 Staff members?
32 Pacific rings?
34 Standard
36 Bar
37 Red Square tomb occupant
39 Hee follower
41 Rage
42 Silent
44 Deceived
46 Lottery payment, perhaps
50 Legislation
51 Eye part
52 Exhaust outlet
56 Gambling game
57 Mexican entree
58 Pen point
59 Verve
60 Old World duck
61 Society newcomer

Down

1 Trench
2 Geological period
3 Severe decline
4 Rough, as rocks
5 Eggs
6 Oodles
7 Adapt slightly
8 Din
9 Cartoonist Goldberg
10 Troubles
11 Purchases
16 Allow
20 Lair
21 Cover of gloom
22 Sheltered
23 Once around the track
27 Scrooge's cry
29 Aid when airborne
30 Hibernia
31 Coaster
33 Springfield surname
35 Aries
38 Greek consonants
40 Cricket-bat wood
43 Mongrels
45 Fool
46 Board game, cereal or magazine
47 Caspian Sea feeder
48 Actress Sorvino
49 "Just the facts, —"
53 "Rocks"
54 Slapstick missile
55 Recede

▶ Yesterday's answer

A	M	P			C	U	E	S		E	W	E	R
L	E	I			A	F	R	O		D	I	R	E
B	A	N			M	O	R	A	L	I	Z	E	D
A	L	G	A	E				P	A	T			
			G	L	O	B		D	O	L	C	E	
M	O	R	E	O	V	E	R		R	I	L	L	
A	B	A		T	U	B	A	S		M	O	B	
S	O	N	S		M	O	R	T	G	A	G	E	
S	E	T	U	P		P	E	R	U				
			B	O	A			U	N	I	O	N	
M	O	R	T	I	F	I	E	D		D	N	A	
R	O	I	L		E	D	G	E		E	L	M	
S	H	O	E		W	O	O	L		A	Y	E	

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Sudoku

7			2		1			
1	5						4	6
	4			3		8		
	7		5	1				2
		1				9		
6				7	4		3	
		2		6			9	
4	9						6	3
			4		9			8

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

9	7	4	8	5	1	2	3	6
1	3	5	6	2	4	8	9	7
6	2	8	9	7	3	5	4	1
5	6	2	7	1	9	4	8	3
8	9	7	3	4	2	6	1	5
4	1	3	5	6	8	9	7	2
3	5	9	1	8	6	7	2	4
2	8	6	4	3	7	1	5	9
7	4	1	2	9	5	3	6	8

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Society, If you haven't yet donated to Movember, I strongly urge you to do so! It is a great cause and can do a lot of good. Please check out mobro.co/GeoffreyHoward to donate!
GEOFFREY

Girl in Foxy Mask, If it were a date to be.. It would be you and me... Under the starry sky.. I just wouldnt wana say goodbye.. I jst wana love you with all my heart, n hey its not the end... its jst the start..... **SECRET ADMIRER**

Irresistible Prince Charming, My sweet darling, every time when I saw you my heart raced fast speed... You are like a magnet ! I am attracted to you... and I can't stop thinking of you and wanting you by my side... I think I love you too, very, very much! Just a kiss and my dream will come true...
C. L. SLEEPING BEAUTY

A look at the weather

TODAY	TOMORROW	SATURDAY
Min 0°	Min -3°	Min -7°
Max 9°	Max 3°	Max -2°

Jenna Khan, Weather Specialist
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 5:30 AM**

BT BREAKFAST TELEVISION

Today's horoscope

♈ Aries March 21-April 20 If you keep in mind at all times that there is no such thing as a "sure thing" you won't go far wrong.

♉ Taurus April 21-May 21 If friends and family choose to oppose you don't push the issue. They'll come around eventually.

♊ Gemini May 22-June 21 If you try to have everything perfectly planned before you start a project, chances are you won't get started at all.

♋ Cancer June 22-July 22 You will do the exact opposite of what others expect of you today.

♌ Leo July 23-Aug.23 Anyone who tries to tell you that you are going about something in the wrong way will be treated with your usual Leo disdain.

♍ Virgo Aug. 24- Sept. 22 You want to be taken seriously by your peers, but that will only happen if you are clear in your own mind what it is you believe.

♎ Libra Sept. 23-Oct. 23 There's a whole world out there waiting to be dazzled by your brilliance.

♏ Scorpio Oct. 24-Nov. 22 You will be the centre of attention for quite a while to come.

♐ Sagittarius Nov. 23-Dec. 21 Do you take on more work or do you enjoy more leisure time? Only you can decide.

♑ Capricorn Dec. 22-Jan. 20 Before you move ahead with a creative project it might be wise to get some input from those whose advice you trust.

♒ Aquarius Jan. 21-Feb. 18 Deep down you know there is something underhanded going on.

♓ Pisces Feb. 19-March 20. Don't put your hands over your ears and pretend you can't hear.

SALLY BROMPTON

KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

Caption contest

DARRYL DYCK/THE CANADIAN PRESS

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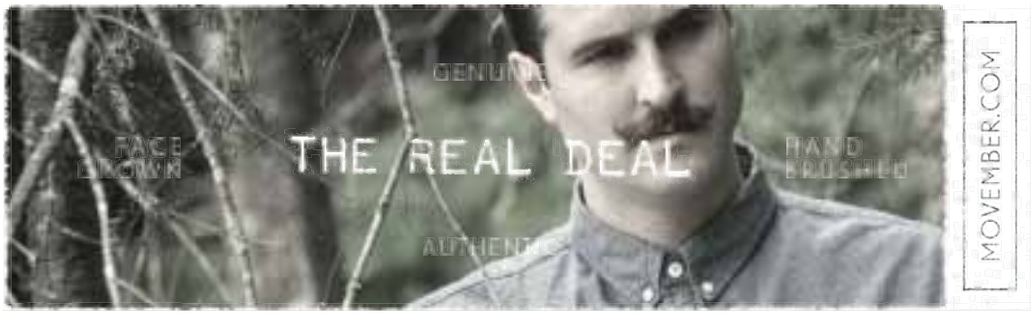
You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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